

Henderson Hall Semper Fit

Apr 5 SAPR Spring Salute 5K

May 13 Iwo Jima 7K

Jun 17 Chesty's 5K

Sep 16 Devil Dog 5K

Oct 28 Haunted Hill Halloween 5k

Nov 18 Henderson Hall Turkey Trot 5K

Races are on Fridays & start at 7AM from the Cpl Terry L. Smith Gym, Joint Base Myer-Henderson Hall for more information call 703-614-6332









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